

Full Report (All Nutrients) 01266, Cheese, Swiss, nonfat or fat free

Report Date: July 16, 2017 18:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 28g
Proximates					
Water	g	63.60	--	--	17.81
Energy	kcal	127	--	--	36
Energy	kJ	532	--	--	149
Protein	g	28.40	--	--	7.95
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	4.50	--	--	1.26
Carbohydrate, by difference	g	3.40	--	--	0.95
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	1.33	--	--	0.37
Minerals					
Calcium, Ca	mg	961	--	--	269
Iron, Fe	mg	0.17	--	--	0.05
Magnesium, Mg	mg	36	--	--	10
Phosphorus, P	mg	605	--	--	169
Potassium, K	mg	111	--	--	31
Sodium, Na	mg	1000	--	--	280
Zinc, Zn	mg	3.90	--	--	1.09
Copper, Cu	mg	0.027	--	--	0.008
Selenium, Se	µg	12.7	--	--	3.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.020	--	--	0.006
Riboflavin	mg	0.360	--	--	0.101

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 28g
Niacin	mg	0.090	--	--	0.025
Vitamin B-6	mg	0.080	--	--	0.022
Folate, total	µg	6	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	2
Folate, DFE	µg	6	--	--	2
Choline, total	mg	15.4	--	--	4.3
Vitamin B-12	µg	1.68	--	--	0.47
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	40	--	--	11
Retinol	µg	39	--	--	11
Carotene, beta	µg	13	--	--	4
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	152	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.02
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0
Vitamin D	IU	4	--	--	1
Vitamin K (phylloquinone)	µg	0.5	--	--	0.1
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 28g
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	18	--	--	5
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0